

Arthritis Foundation Physical Activity Program Locations

Salt Lake County

Cottonwood Heights Recreation Center (A)

7500 South 2700 East
SLC (943-3190)

Friendly Neighborhood Center (E)

1992 South 200 East
SLC (468-2718)

Hartvigsen Pool (A)

3605 South 300 East
SLC (646-4587)

Holladay-Lion's Fitness Center (A)

1661 East Murray-Holladay Blvd.
Holladay (424-0621)

Kearns Senior Center (E)

4850 West 4715 South
Kearns (965-9183)

Mountainland Rehabilitation - Sandy Regional (A)

50 East 9000 South
Sandy (561-9839)

The Orthopedic Speciality Hospital (TOSH) (A)

5848 S Fashion Place Blvd.
SLC (314-4046)

Steiner Aquatic Center (A)

645 Guardsman Way
SLC (583-9713)

Taylorsville Senior Center (E)

4743 South Plymouth View Drive
Taylorsville (293-8340)

University Orthopaedic Center (A)

590 Wakara Way
SLC (587-7005)

West Jordan Senior Center (E)

8025 South 2200 West
West Jordan (561-7320)

Westside Sunday Anderson Senior Center (E)

868 West 900 South
SLC (538-2092)

WVC Family Fitness Center (A)

5415 West 3100 South
WVC (955-4000)

Utah County

American Fork Fitness Center (A)

454 North Center Street
American Fork (763-3084)

Orem Fitness Center (A)

580 West 165 South
Orem (229-7154)

Davis County

Clearfield Municipal Pool (A)

934 South 1000 East
Clearfield (525-2640)

Lakeview Physical Therapy (A)

520 East Medical Drive #100
Bountiful (295-5416)

Summit County

Park City Aquatic Center (A)

Ecker Hill Middle School
2465 West Kilby Road
Park City (645-5617)

Sanpete County

Gunnison City Pool (A)

45 West 300 North
Gunnison (528-7126)

Iron County

UU Aquatic Center - Sorenson Phys. Ed. Building (A)

351 West Center Street
Cedar City (586-5431)

Washington County

Enterprise Senior Center (E)

165 South 100 East
Enterprise (878-2557)

Sand Hollow Aquatics Center (A)

1144 Lava Flow Drive
St. George (634-5938)

Sterling Court (A)

324 North 1680 East
St. George (674-1269)

St. George Senior Center (E)

245 North 200 West
St. George (435-634-5743)

Sun River Community Center (A/E)

4275 Country Club Drive
St. George (656-4455)

Arthritis Activities



Arthritis Foundation AQUATICS PROGRAM

Sign up for a *warm-water* exercise program for a fun and safe way to keep your joints moving and improve muscle strength and flexibility! Gentle routines led by certified instructors will help you build stamina. You don't even have to get your hair wet!

Arthritis Foundation EXERCISE PROGRAM

This class is a fun way to strengthen and stretch your muscles and improve your range-of-motion! The activities can be performed either sitting or standing - you choose!

KEY

A = Aquatics

E = Exercise (land based)

Please call the facility for time and fee information.



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www.arthritis.org